JR. FHA HELD MEETING

"Developing Your Talents" was the topic presented to the Appomattox Junior Chapter Future Homemakers of America. The program was planned and presented by Mrs. Bolling Carter who is an eighth grade Guidance Counselor at Appomattox Middle School.

Mrs. Carter discussed what a talent is, ways of discovering talents and different methods of developing your talents.

The FHA really enjoyed the program and will be working on developing talents.

After the program Shawn Harvey and Carolyn Harvey led us in relaxers and songs.

Robin Bollinger, Reporter

Miss Mary Bryant is shown in photo above with Governor John N. Dalton while attending the Governor's Inaugural Ball in Richmond.

Martin Honored By Young Farmers

During the closing session of the State Young Farmers Convention, Sammy Martin, a member of the Appomattox Young Farmers Association won the $2500 Brandon Silo Award. The award was made by J. F. Brandon, President of the Brandon Silo Corporation. The award will be used by Sammy toward the purchase of an upright silo on his farm.

Sammy owns a beef farm in Appomattox County. He has over 100 head of beef cattle. Presently Sammy stores his silage in a trench silo.

Martin feels that an upright silo on his farm would do much to improve the efficiency of his farming operation.

Petty Receives Young Farmer Award

The Young Farmers of Virginia honored Van H. Petty during the opening session of their state convention, February 3, at the Hotel Roanoke. Young Farmer President, Buddy Harrison, cited Petty as the Outstanding Young Teacher conducting Young Farmer Programs. Petty received an engraved plaque from the state association.

Petty is the advisor of the Buckingham Jr. Association. He was instrumental in getting the association chartered in 1973.

During his few years as advisor, the Buckingham Jr. Association has won the Southside Area awards for Membership Development, Farm and Home Safety, and Outstanding Association. In 1975 the association was runner-up in the State Farm and Home Safety Award.

PAMPLIN AARP CHAPTER TO HAVE INFORMATIVE MEETING

On February 9 at 7:30 p.m. the American Association of Retired Persons will meet at the Pamplin Methodist Church. After a one-half hour meeting, Mrs. Shelby Mercer of Appomattox, who is public health nurse for Campbell County, will give a talk on prevention and relief of arthritis.

This is a subject we should all know more about, so the attendance should be quite large.

The by-laws have been changed to include all matured people for membership which is expected to increase the size of the chapter greatly.

CLASSIFIED ADS GET RESULTS

GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

NOTE: Because of many requests, I am again running this article.

HOW TO BUY AND CARE FOR PILLOWS

Many of you are now replenishing your linens on the winter white sales.

If you're buying new bed pillows, there are certain tips you'll want to keep in mind. Pillows are available in a wide range of fillings and sizes so you should consider how you want to sleep; and what size bed you have. There is no perfect bed pillow for everyone. A pillow that will give you many years of comfortable sleep may keep someone else tossing and turning. Ideally, everyone should select his own pillow, but if you're buying pillows for your family you should check with them to find out their preferences. Ask if they like a soft, medium or firm pillow and what size pillow they prefer.

Before you buy a pillow, you should test it. Pick it up and feel it with your hand to see if it is comfortable. If you're buying a pillow for someone else, ask the salesperson if it is soft, medium or firm. A good pillow should be resilient and free of lumps and odors, regardless of its filling. Check the label on the pillow to see what filling it contains.

The softest and most luxurious pillows are filled entirely with down, the soft shaftless fluffs from the breasts of geese and ducks. For people who prefer their pillows firmer, select a pillow filled with a blend of down and feathers. The more feathers in the blend, the firmer the pillow. All feather pillows are the firmest of the natural fills. They are less expensive than all down or blended feather and down pillows, and will also provide years of comfortable sleep. Pillows are also made of polyester or foam rubber, and these tend to be firm. Down, feather and down, or feather pillows will usually outlast synthetic pillows. They are considered a good investment because they will give you restful comfort for a long time.

In addition to selecting the filling and firmness, you can also choose one of three basic sizes - standard, queen and king.

Now is an excellent time to purchase pillows and other bed linens for your home. By shopping carefully, you can save some home furnishing dollars.

A twin size bed usually uses a standard pillow; but it can also use a queen or king size one. A queen size bed will use two queen or standard size pillows. A king size bed requires two king or three standard size pillows. What you select will depend on the size of the bed, the size pillow you or your family are comfortable sleeping on, and how many pillows you like on the bed when it is made up.

After you've purchased your pillows, fluff them daily and push the corners towards the center so that the crown stays high. This will keep them plump. One tip that will help keep your feather and down pillows fresh is to pop them into the dryer occasionally on low heat or the fluff cycle for ten minutes. This will take out the humidity and dust and also keep the pillows resilient.

To launder your pillows, check the care label for the right washing and drying instructions and follow them carefully. Laundering your pillows will renew their freshness and restore the original qualities. Spring of the year is a good time to launder pillows.

If you care for your pillows properly you'll have them for many years. It makes good sense to select carefully and to buy good quality pillows. They will actually cost you less over the years because they will last longer than the less expensive ones.

ENERGY TIPS FOR THE WEEK

Can you tell whether your refrigerator door has a tight seal? Close the door on a piece of newspaper. Pull. If it slips out, the door is not tight enough for efficient operation.

RECIPE OF THE WEEK
Barbequed Pork Chops

6-8 lean pork chops (trim off fat)
½ cup catsup
1 tsp. salt
1 tsp. celery seeds or ¼ cup chopped celery
½ tsp. nutmeg
½ cup vinegar
½ cup water
1 bay leaf
2 tbsp. brown sugar

Brown pork chops in hot fat. Drain off fat. Pour combined remaining ingredients over chops. Cover and simmer for 45 minutes. (Can also be cooked in covered casserole in 350 degree over for 1 hour.)

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I am the wife of a veteran. Can I go to a VA hospital for the delivery of my child?

A - No. VA hospitalization for maternity care is not provided to veterans or their dependents.

Q - Is there a cut-off date for completing dental work after release from active duty?

A - Application for treatment of a noncompensable service-connected dental condition must be filed within one year, and the dental examination completed within 14 months, from release from service. There is no time limitation for applying for treatment of compensable service - connected dental conditions.

Q - As a veteran, am I eligible for admission to a VA hospital?

A - Any veteran who requires hospitalization and who was separated from the service under other than dishonorable conditions is eligible for admission to a VA hospital in accordance with established priorities for admission, if unable to pay for private hospitalization.

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NAMED SHOP FOREMAN AT LAWSON FORD

Mr. Johnny Paulette, right above, is shown being congratulated by Mr. E. B. "Dick" Bland, vice president and general manager at Lawson Ford, Inc., on his recent promotion to shop foreman at Lawson Ford.

"Johnny" will still give the same good service to his customers as he has in the past plus provide assistance to James Paulette, service department manager.

"Johnny" has been with the Ford dealership for 19 years and has won all top honors for service that Ford Motor Company has to offer. Most recently he won first place in Richmond Zone of the Certified Training Program. Management at Lawson Ford is proud of the work he has done and of the interest he shows in his job and in the company. They feel it is a real asset to Lawson Ford to have Johnny in their service department.

He is married to the former Rachel Snow and they are the parents of two children. They reside in Appomattox.

NAACP To Meet At Promise Land Mon., Feb. 13 at 7:30 P.M.

The local branch of the NAACP will hold its regular monthly meeting at the Promise Land Baptist Church this Monday evening at 7:30. All officers, members and friends are cordially invited to attend.

A large crowd attended the regular preaching service at the Galilee Baptist Church last Sunday morning at 11 a.m. The pastor delivered a very inspiring sermon. Beautiful music was rendered by the church choirs. Several Visitors attended the service.

Dedication service of new pews for the St. Mark Baptist Church of Amherst, Va. will be held this Sunday evening at 3 p.m. The sermon of dedication will be delivered by the Rev. R. Q. Lawing, Sr. Music will be delivered by the Galilee Sr. choir. The Rev. Raymond H. Turner is the pastor of the St. Mark Baptist Church.

The officers, members and friends of the Mount Shiloh Baptist Church Jr. choir are inviting you to attend its annversary program on the third Sunday evening in this month at 3 p.m.

Plans have been completed for the 35th. anniversary celebration of the Pamplin community men's club to be held at the Zion Baptist Church on the fourth Sunday evening in this month at 2:30 p.m. The guest speaker will be the Rev. C.L. Brown, Jr. Special Music will be rendered by the Wingfield Baptist Church gospel chorus of Lynchburg, Va.

A very large crowd attended the second anniversary program of the deaconess board of the Zion Baptist Church last Sunday at 3 p.m. A very interesting program was presented. Mrs. Nannie Johnson served as mistress of ceremony. The E. R. Berryman, Jr. of Lynchburg, Va. was guest speaker. Beautiful music was rendered by the St. Paul gospel chorus of Forest, Va. The reverends H. O. Flood and Wyatt Venable took an active part in the devotional service. A large number of visiting deacons were present and assisted in the offering.

The Ladies Aid of the Zion Baptist Church will hold its regular meeting this Sunday at 2 p.m. at the home of Mrs. Nannie Johnson.

A very large crowd attended the regular preaching service at the Zion Baptist Church last Sunday morning at 11 a.m. The pastor Rev. L. E. Hankins delivered a very helpful sermon on the theme: Preparing to meet God. All present enjoyed the message. The offering for the day was very good.

Mr. Sylvester Ferguson has returned to his home here after receiving treatment in the Lynchburg hospital.

Rev. and Mrs. Hankins and family and Mrs. Geneva Wiggins were dinner guest of deacon and Mrs. Ross Edwards Sunday.

Alabama Baptist

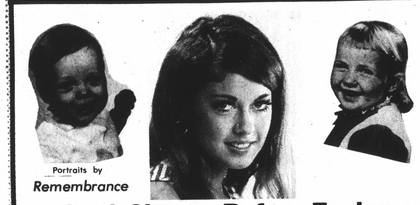
"And, behold, two of them went that same day to a village called Emmaus, which was from Jerusalem about threescore furlongs. St. Luke 24:13.

The regular preaching service was held at the Alabama Baptist Church Sunday. Prayer Service was led by Mrs. Mary Bailey and Woodrow Jackson. Everyone joined in. Then the service was turned over to our pastor, Rev. Wyatt T. Venable who was in charge of opening the service. Scripture was read by Rev. Kelso of Spout Spring and prayer was by Rev. Howard O. Flood. Rev. Kelso's scripture was taken from St. Luke 24; 13-20. Rev. Venable turned the service over to the pastor of the church, Rev. Curtis Elliott. Rev. Elliott's scripture was taken from St. Matt. 15:12-13. Theme "The Plant That Shall Not Grow." A spendid message was preached. A large crowd turned out to the morning service.

We thank the ministers for being present: Rev. Flood, Rev. Kelso. Visting deacons from Mt. Lyle, White Oak Grove and Jordan Baptist and all visitors for making our service a success. The music was furnished by the Junior and Senior Choirs combined.

We are praying for the sick wherever they might be. We were glad to have our member, Sis France Walker, back in service. She has been sick.

May God bless each and everyone of you. Don't forget to pray for the sick.



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Realizing the American Farmer is, and has been, the back bone of our great country, and the very key to the future of America and the world. We feel the farmer deserves a greater understanding by the American people, realizing the amount of capital investment required by today's farmer, coupled with the every day perils of weather and insects. With these factors in mind and remembering that a commodity is planted with no guarantee of price after harvest.

We thank the American Farmer for all they have done and we will continue our support of any non violent activities, that might help them to reach the goals of the American Farmer.

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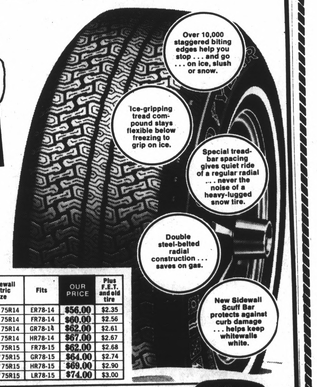
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P225/75R14	HR78-14	$67.00	$2.67
P205/75R15	FR78-15	$62.00	$2.68
P215/75R15	GR78-15	$64.00	$2.74
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G78-15	$35.50	$2.45
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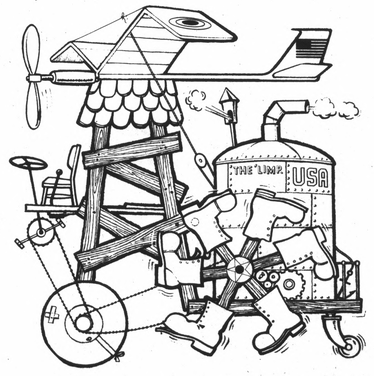

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